

Recommended Cookbooks from Park Road Books

Forks Over Knives-The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year by Del Sroufe, Workman Publishing, August 2012, \$22.50

Forks Over Knives-the book, the film, the movement-is back again in a *Cookbook*. The secret is out: If you want to lose weight, lower your cholesterol, and prevent (or even reverse!) chronic conditions such as heart disease and type 2 diabetes, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them-or you'd like to be-you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the film, proves that the *Forks Over Knives* philosophy is not about what you *can't* eat, but what you *can*.

Burma: Rivers of Flavor by Naomi Duguid, Workman Publishing, September 2012, \$35.00

A brilliant collection of recipes for the regional cuisines of Burma*, with travel tales woven between tastes. Located at the crossroads between China, India, and the nations of Southeast Asia, Burma has long been a land that absorbed outside influences into its everyday life. In the process, the people of the country now known as Myanmar have developed a rich, complex cuisine that makes inventive use of easily available ingredients to create exciting flavor combinations. Burmese salads will be the "it" recipes for a generation; Duguid's noodle soups, curries, and grilled meats will delight.

The Mom 100 Cookbook: 100 Recipes Every Mom Needs in Her Back Pocket by Katie Workman, Workman Publishing, April 2012, \$16.95

Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade—because homemade not only tastes best, but is also better (and most economical) for you. *The Mom 100* is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert.

Salty Snacks: Make Your Own Chips, Crisps, Crackers, Pretzels, Dips, and Other Savory Bites by Cynthia Nims, Ten Speed Press, September 2012, \$16.99

This collection of 75 recipes for savory puffs, chips, crackers, breads, nuts, veggies, and meats puts a fresh, crunchy spin on homemade snacks. Americans have a love affair with salty snacks, but as we become more aware of the artificial ingredients in prepackaged foods, home cooks are starting to consider savory bites as a made-from-scratch prospect. With inventive flavors and easy techniques, whipping up your own savory treats-for parties, after-school snacktime, or just because-will soon become as second-nature as baking a batch of cookies.

SIBA AWARD WINNERS for 2012

The New Southern Garden Cookbook by Sheri Castle, UNC Press, \$35.00

Basic to Brilliant, Y'all by Virginia Willis and Anne Willan, Ten Speed Press, \$35.00

Southern Biscuits by Nathalie Dupree and Cynthia Graubart, Gibbs Smith Publishers, \$24.99

Well, Shut My Mouth! by Stephanie L. Tyson, John F. Blair, Publisher, \$19.95
(recipes from Sweet Potatoes Restaurant in Winston-Salem – yummy!)

Cookbooks featured in Park Road Books' Holiday Catalog

For descriptions of these books, please pick up a copy of the catalog at our November 12 meeting or at the bookstore!

Cooking Season by Season: 1000 Recipes to Cook Through the Year, DK Publishing, \$35.00

Mastering the Art of Southern Cooking by Nathalie Dupree and Cynthia Graubart, Gibbs Smith Publishers, \$45.00

My Beverly Hills Kitchen: Classic Southern Cooking with a French Twist by Alex Hitz, Knopf/Random House, \$35.00

Taste of Home Best Loved Recipes by Taste of Home, Reader's Digest Association, \$34.99

Taste of Home Baking: All New Edition by Taste of Home, Reader's Digest Association, \$29.99

Cook Fight: 2 Cooks, 12 Challenges, 125 Recipes – An Epic Battle for Kitchen Dominance by Julia Moskin and Kim Severson, Ecco Press, \$29.99

Buttermilk: A Savor the South Cookbook by Debbie Moose, University of North Carolina Press, \$18.00

Pecans: A Savor the South Cookbook by Kathleen Purvis, University of North Carolina Press, \$18.00

Jewish Cookery Book: The American Antiquarian Cookbook Collection by Esther Levy, Andrews & McMeel, \$24.99

Fred Thompson's Southern Sides: 250 Dishes that Really Make the Plate by Fred Thompson, University of North Carolina Press, \$35.00

Gran Cocina Latina: The Food of Latin America by Maricel E. Presilla, W.W. Norton, \$45.00